



# YOGA CLASS GUIDE





# WELCOME

I'm so glad you have chosen to join me for yoga.  
This guide is designed to give you all the necessary  
information in preparation for your class including  
class etiquette and what to bring with you.

I look forward to seeing you on the mat.

*Pamela*



# CLASS ETIQUETTE

## EATING BEFORE YOUR CLASS

If you need to eat prior to your class we recommend only having a very light meal or snack 1 - 2 hours before your class

## ARRIVALS

Please arrive 5 minutes before the class is due to start. If you are running late you can still join but please quietly enter the room

## YOGA MATS + EQUIPMENT

I supply all mats and any yoga equipment required for the class. If you have your own yoga mat you are of course welcome to bring it.

Each studio yoga mat is fully sanitised after each class in preparation for the next class.

## MOBILE PHONES

We strive to offer you the calmest environment possible so please ensure your phone is on flight mode, silent or switched off throughout your class.

## TOILETS

It's fine to leave class for a few minutes to go to the bathroom, just quietly return when you are ready.







# WHAT TO WEAR + BRING

## WHAT TO WEAR

We practice yoga bare footed and we recommend wearing comfy clothing you can move easily in.

As you move through a class you can get warm so it's good to wear layers that you can remove easily if you need to cool down. Each class ends with a period of relaxation lying on your mat. To make your relaxation as wonderful as possible we recommend bringing socks to put on and layering up with a jumper and/or blanket to keep you warm as your body temperature cools.

## WATER BOTTLE

Hydration is important throughout your class so please bring a bottle of water with you.

# NAMASTE



Namaste is a word used in yoga as an expression of appreciation and respect towards another person. It can be used as a greeting or as a goodbye, but most commonly used to close a class as a thank you for time well spent.

The word is derived from two key Sanskrit words and the most literal translation is “I bow to you” though there are many different ways to interpret it including hello, welcome, I respect you, we are one and we are equal.

While Namaste is a popular expression that many yogis use frequently, please do not feel obligated to use it if doing so makes you uncomfortable.

I honor  
the place  
in you  
that is  
the same  
as it is in  
me



*Questions?*

If you need to get in touch or have any other questions about your class please contact me on

[hello@calmandwell.co.uk](mailto:hello@calmandwell.co.uk)

07875 400875

